

ATTACHMENT

Massachusetts Department of Correction

Physical Fitness Assessment Battery Standards

Male Entrance Standards

<i>AGE</i>	<i>SIT UPS (1 minute)</i>	<i>PUSH UPS (1 minute)</i>	<i>1.5-MILE RUN (Timed)</i>
<i>19.5 - 29</i>	29 Reps	22 Reps	16:04
<i>30 – 39</i>	26 Reps	18 Reps	17:00
<i>40 – 49</i>	22 Reps	14 Reps	18:06
<i>50 – 50+</i>	18 Reps	10 Reps	19:18

Female Entrance Standards

<i>AGE</i>	<i>SIT UPS (1 minute)</i>	<i>PUSH UPS (1 minute)</i>	<i>1.5-MILE RUN (Timed)</i>
<i>19.5 - 29</i>	24 Reps	17 Reps	19:18
<i>30 – 39</i>	19 Reps	14 Reps	19:56
<i>40 – 49</i>	15 Reps	10 Reps	21:13
<i>50 – 50+</i>	11 Reps	9 Reps	22:24